

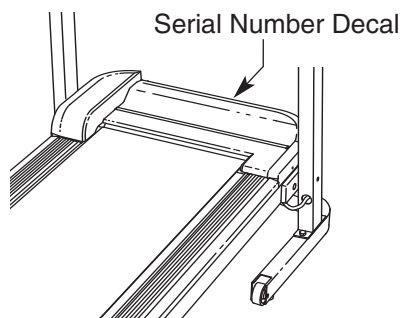
WESLO[®]
DIGITAL SPEED CONTROL

CADENCE 45

Class H Fitness Product

Model No. WETL0514.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

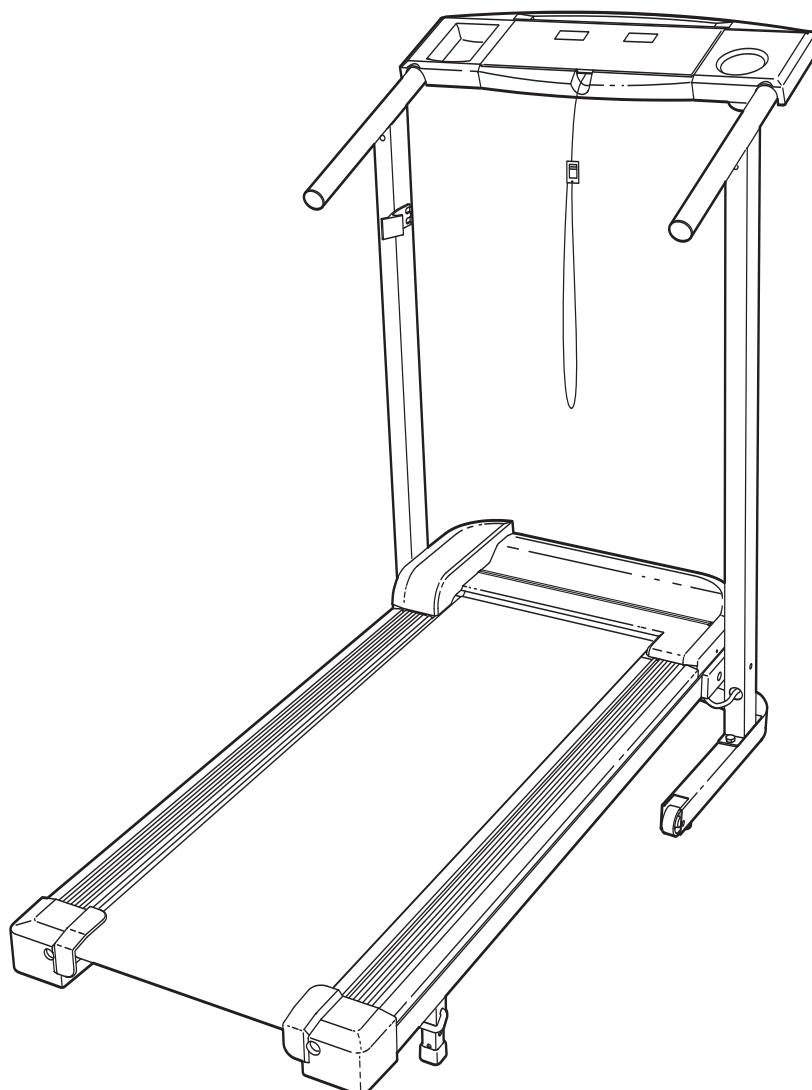
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

csuk@iconeurope.com



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.iconeurope.com

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 115 kg (250 lbs.).
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 11), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.
11. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).
12. Keep the power cord away from heated surfaces.
13. Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
14. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)
17. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See **ASSEMBLY** on page 6 and **HOW TO FOLD AND MOVE THE TREADMILL** on page 14.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.
18. When folding or moving the treadmill, make sure that the storage latch is fully closed.
19. Do not change the incline of the treadmill by placing objects under the treadmill.
20. Inspect and properly tighten all parts of the treadmill regularly.
21. Never drop or insert any object into any opening.

22. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing

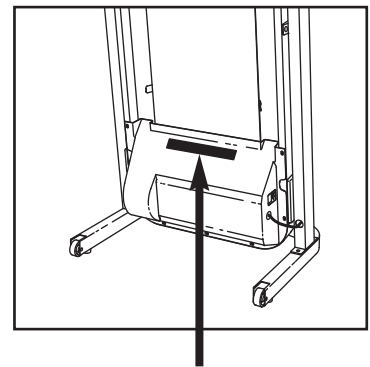
other than the procedures in this manual should be performed by an authorised service representative only.

23. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠️ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department and order a free replacement decal (see **ORDERING REPLACEMENT PARTS** on the back cover of this manual). Apply the replacement decal in the location shown.



Note: This decal is not shown at actual size.

⚠️ WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.



- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

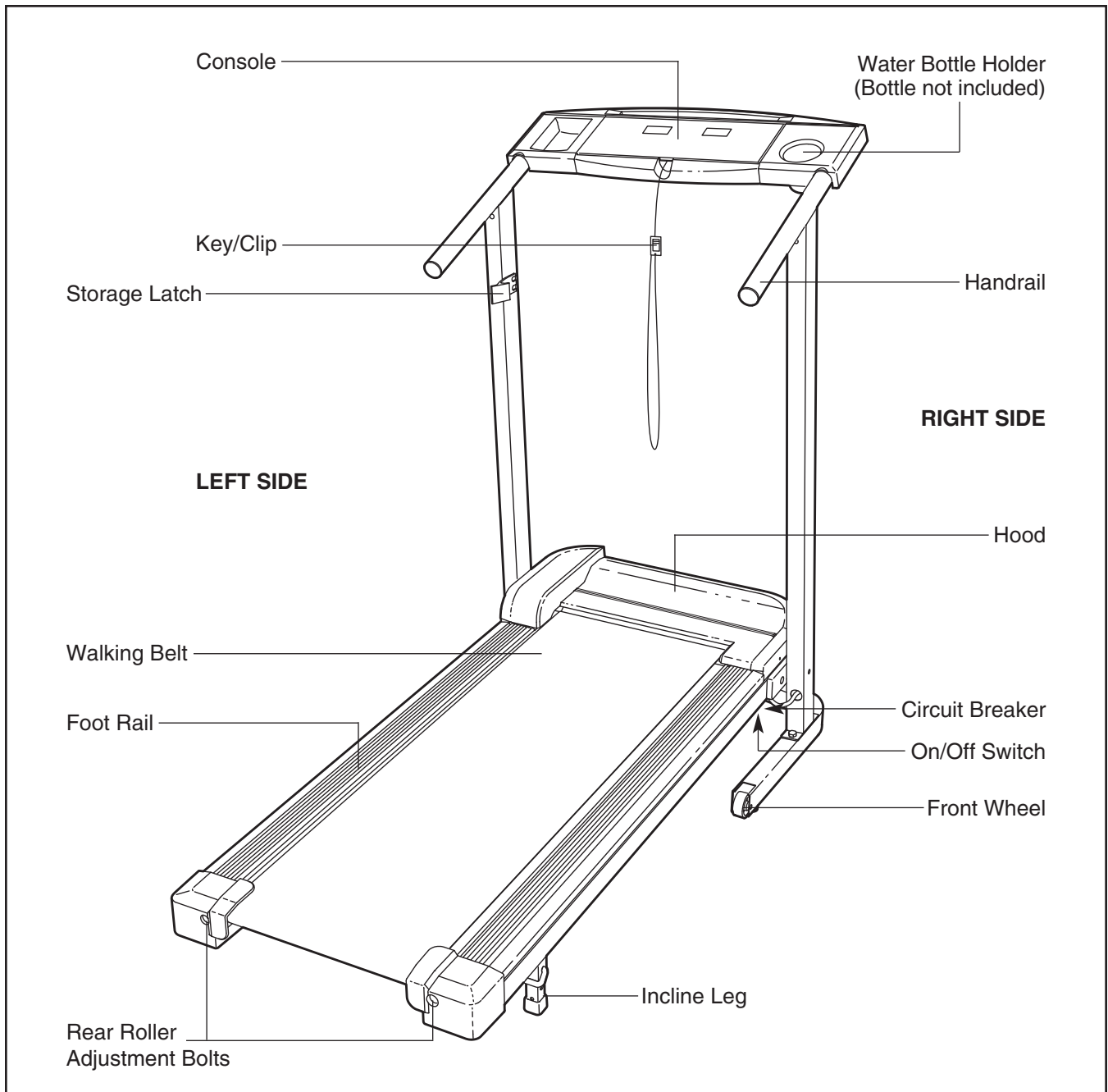
BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE® 45 treadmill. The CADENCE 45 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE 45 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-

ing this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WETL0514.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location of the decal).

Before reading further, please review the drawing below and familiarise yourself with the labelled parts.

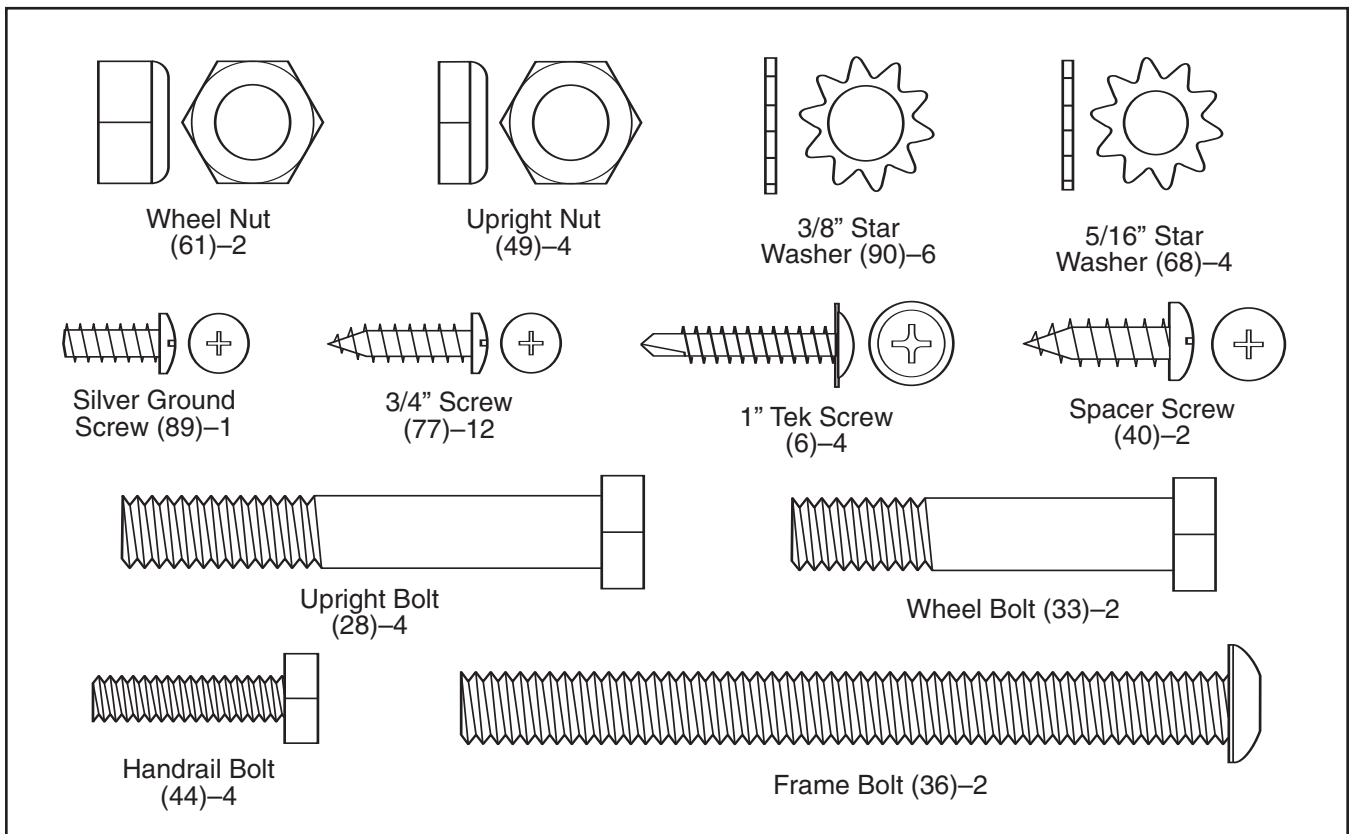


ASSEMBLY

Assembly requires two persons. Place a mat under the treadmill to protect the floor during assembly. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included **hex key**  and your own **Phillips screwdriver** , **adjustable spanner** , **wire cutters** , and **needle-nose pliers** .

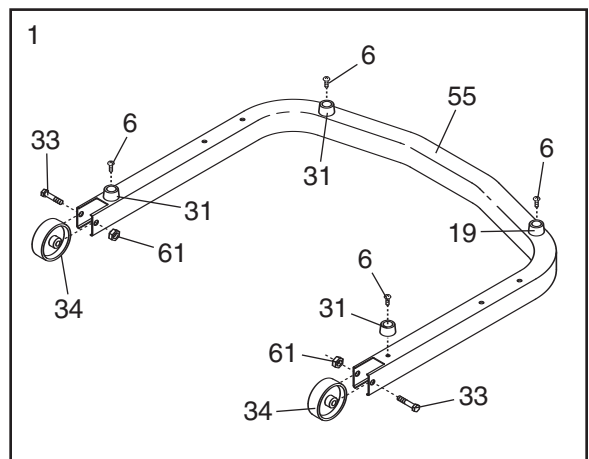
For help identifying the assembly hardware, see the part drawings below.



⚠ WARNING: Do not plug in the power cord until the treadmill is completely assembled.

1. Orient the Base (55) so the holes for the four Base Pads (31) are on top. Attach the four Base Pads with the four 1" Tek Screws (6).

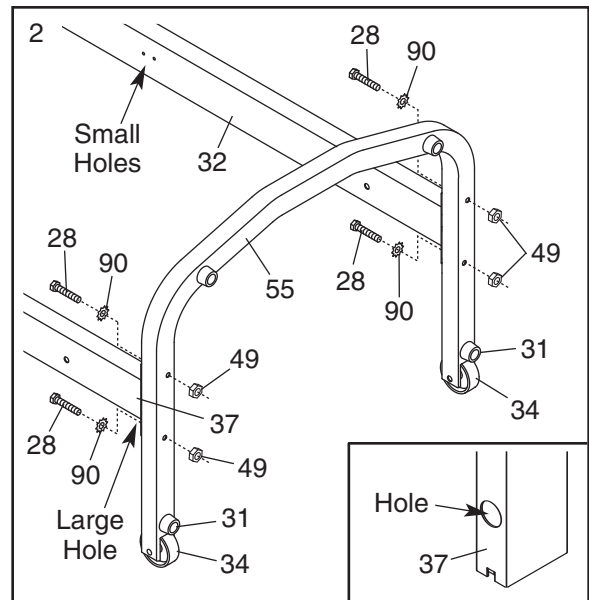
Attach the two Wheels (34) to the Base (55) with two Wheel Bolts (33) and two Wheel Nuts (61) as shown. **Do not overtighten the Bolts; the Wheels must be able to turn freely.**



- See the inset drawing. Identify the Right Upright (37), which has a large round hole near the lower end, and the Left Upright (32).

Have a second person hold the Base (55) so it is resting on the Wheels (34) as shown. Attach the Right and Left Uprights (32, 37) to the Base with four Upright Bolts (28), four 3/8" Star Washers (90), and four Upright Nuts (49).

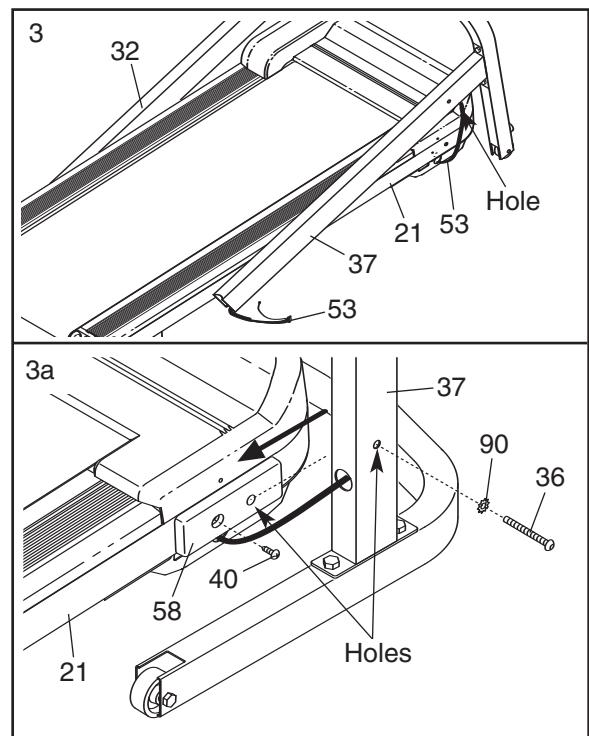
Do not tighten the Bolts yet. Make sure that the large hole in the Right Upright is in the indicated location, and that the two small holes in the Left Upright are in the indicated location. In addition, make sure that the Base is oriented so the Base Pads (31) are in the location shown.



- With the help of a second person, place the Frame (21) between the Uprights (32, 37). Feed the Wire Harness (53) into the large round hole near the lower end of the Right Upright (37), and then pull the Wire Harness out of the upper end as shown.

See drawing 3a. Raise the Uprights (32, 37) to the vertical position. Hold an Upright Spacer (58) against one side of the Frame (21) as shown. Insert a Frame Bolt (36) into the indicated hole in the Upright Spacer and the Frame. Next, tighten a Spacer Screw (40) into the Upright Spacer and the Frame. Remove the Frame Bolt. Repeat on the other side of the Frame.

With the help of a second person, carefully lift the Frame (21), and hold the Upright Spacers (58) between the Right Upright (37) and the Left Upright (not shown). Align the indicated hole in the Right Upright with the hole in the right Upright Spacer. Next, insert a Frame Bolt (36) with a 3/8" Star Washer (90) into the Right Upright and the Upright Spacer, and loosely thread the Upright Bolt into the Frame. **Repeat this step on the left side of the treadmill.**

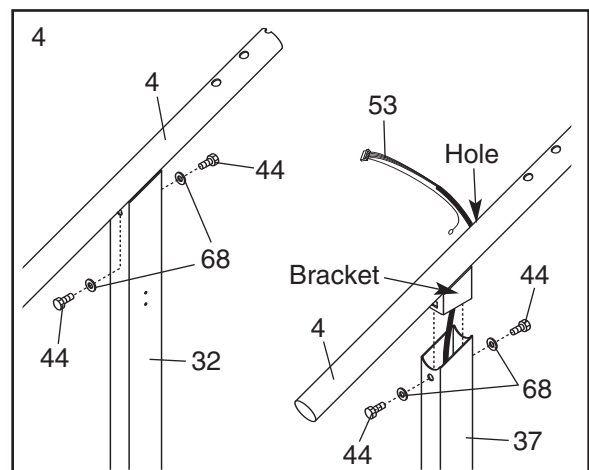


- With the help of a second person, raise the Left and Right Uprights (32, 37) to the vertical position.

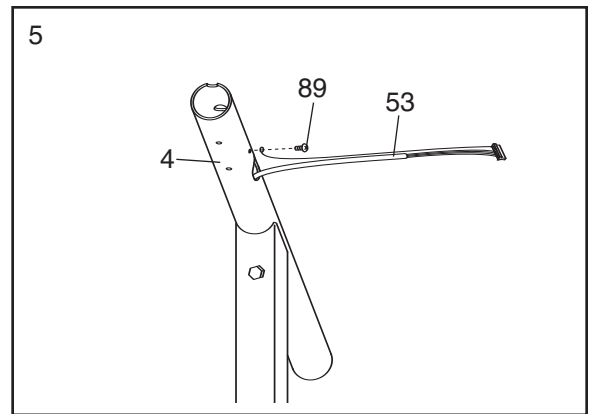
Feed the Wire Harness (53) into the hole in the bottom of one of the Handrails (4) and out of the large hole in the side. Note: It may be helpful to use needlenose pliers to pull the Wire Harness out of the hole.

Set the Handrail (4) onto the Right Upright (37). Attach the Handrail with two Handrail Bolts (44) and two 5/16" Star Washers (68). **Firmly tighten the Bolts.**

Attach the other Handrail (4) as described above. Note: There is not a wire harness on the left side.

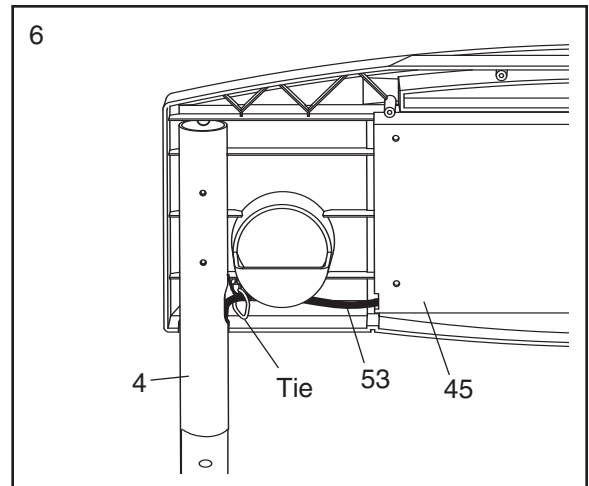


5. Attach the end of the ground wire on the Wire Harness (53) to the small hole in the side of the right Handrail (4) with a Silver Ground Screw (89).

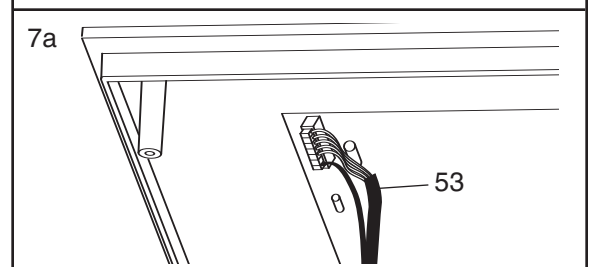
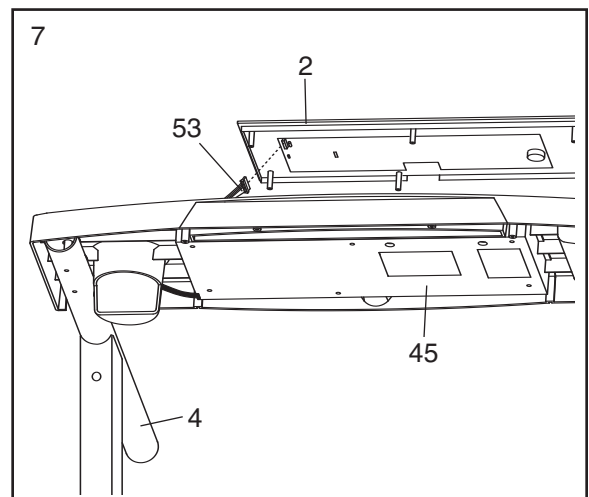


6. Place the Console Base (45) on the Handrails (4) (only one Handrail is shown).

Insert the Wire Harness (53) through the indicated plastic tie on the Console Base (45). Next, insert the Wire Harness through the opening in the Console Base.

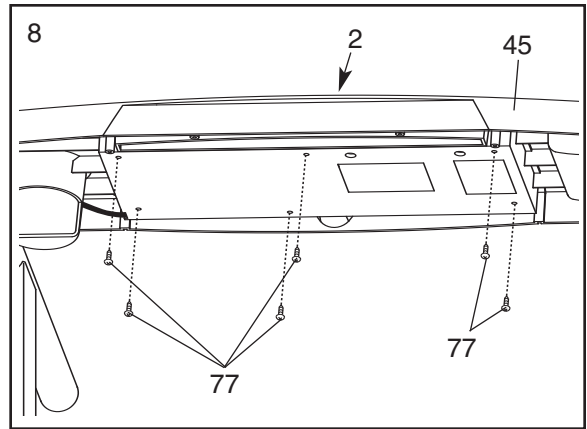


7. Hold the Console (2) near the Console Base (45). **Touch the right Handrail (4) to discharge any static.** Find the connector on the end of the Wire Harness (53). Insert the connector into the red socket beneath the Console. **The connector should slide easily into the socket and snap into place. If the connector does not slide easily and snap into place, turn the connector and then insert it.** Make sure that the connector and wires appear as shown in drawing 7a.

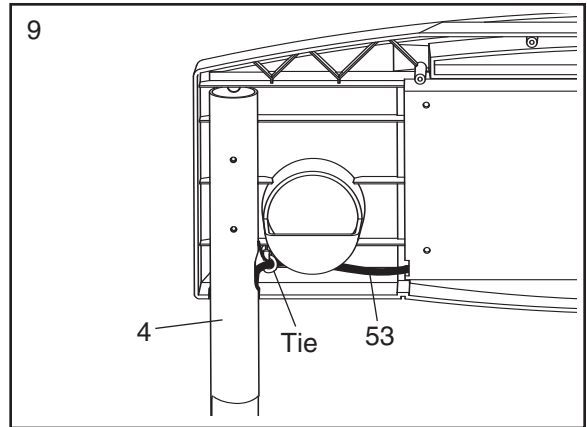


8. Set the Console (2) in the Console Base (45). **Make sure that no wires are pinched.**

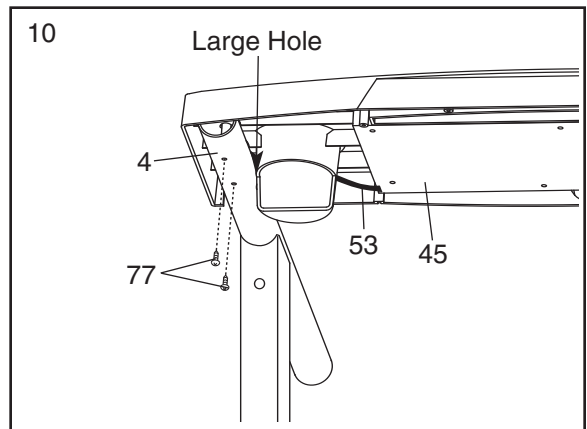
Attach the Console (2) to the Console Base (45) with six 3/4" Screws (77). **Start all six Screws before tightening them; do not overtighten the Screws.**



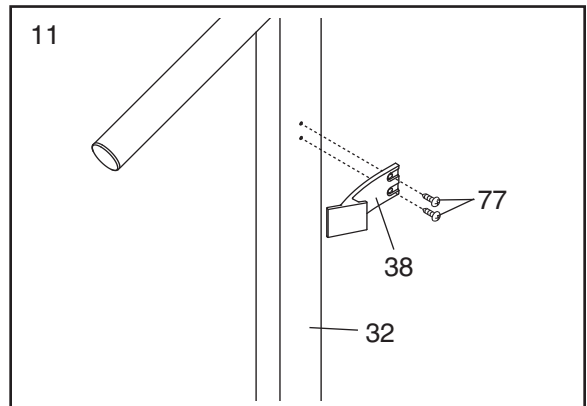
9. Insert the excess Wire Harness (53) into the large hole in the side of the right Handrail (4). **Securely tighten the plastic tie on the bottom of the Console Base to prevent the Wire Harness from slipping.** Then, cut off the end of the plastic tie.



10. Attach the Console Base (45) to the Handrails (4) (only one Handrail is shown) with four 3/4" Screws (77). **Start all four Screws before tightening them; do not overtighten the Screws.**



11. Attach the Storage Latch (38) to the Left Upright (32) with two 3/4" Screws (77). **Do not overtighten the Screws.**

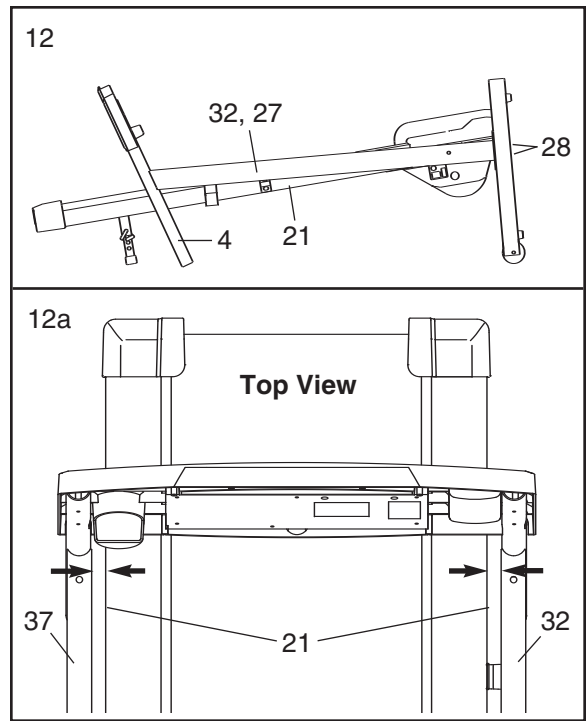


12. Lower the Uprights (32, 37) until the Handrails (4) are touching the floor.

See drawing 12a. Position the Uprights (32, 37) so that the treadmill Frame (21) is centred between the Uprights.

Firmly tighten the four Upright Bolts (28). Then, raise the Uprights (32, 37) back to the vertical position.

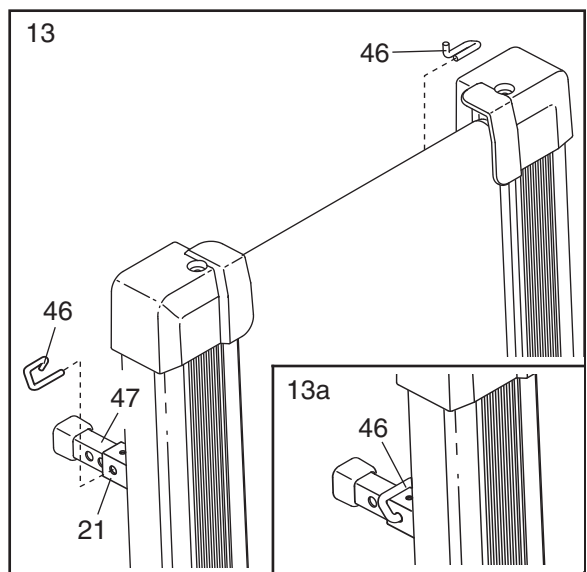
Firmly tighten all of the bolts and screws used in assembly.



13. Insert an Incline Leg (47) into the right side of the Frame (21) as shown, and adjust the Incline Leg to the desired height. (Note: The Incline Leg can be adjusted to any of four positions to vary the intensity of your exercise.) Next, fully insert an Incline Pin (46) into the Frame and the Incline Leg, and turn the Incline Pin to the “locked” position shown in the drawing 13a.

Insert the other Incline Leg (not shown) and Incline Pin (46) into the left side of the Frame (21) in the same way. **CAUTION: Before using the treadmill, make sure that both Incline Pins are fully inserted at the same height. In addition, make sure that both Incline Pins are inserted from the direction shown. Do not use the treadmill without the Incline Pins.**

Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 15).



14. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place. The large hex key is used to adjust the walking belt (see page 17). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

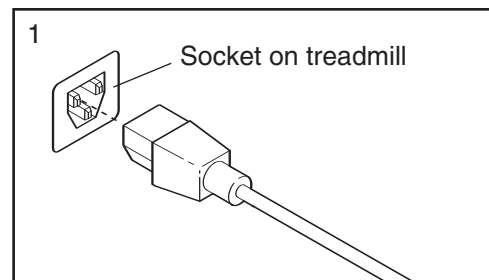
THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

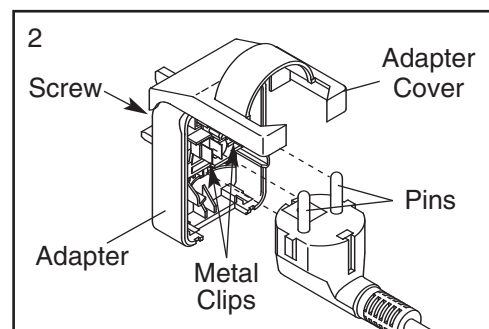
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

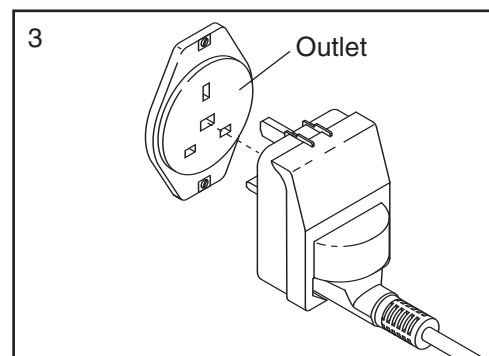
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

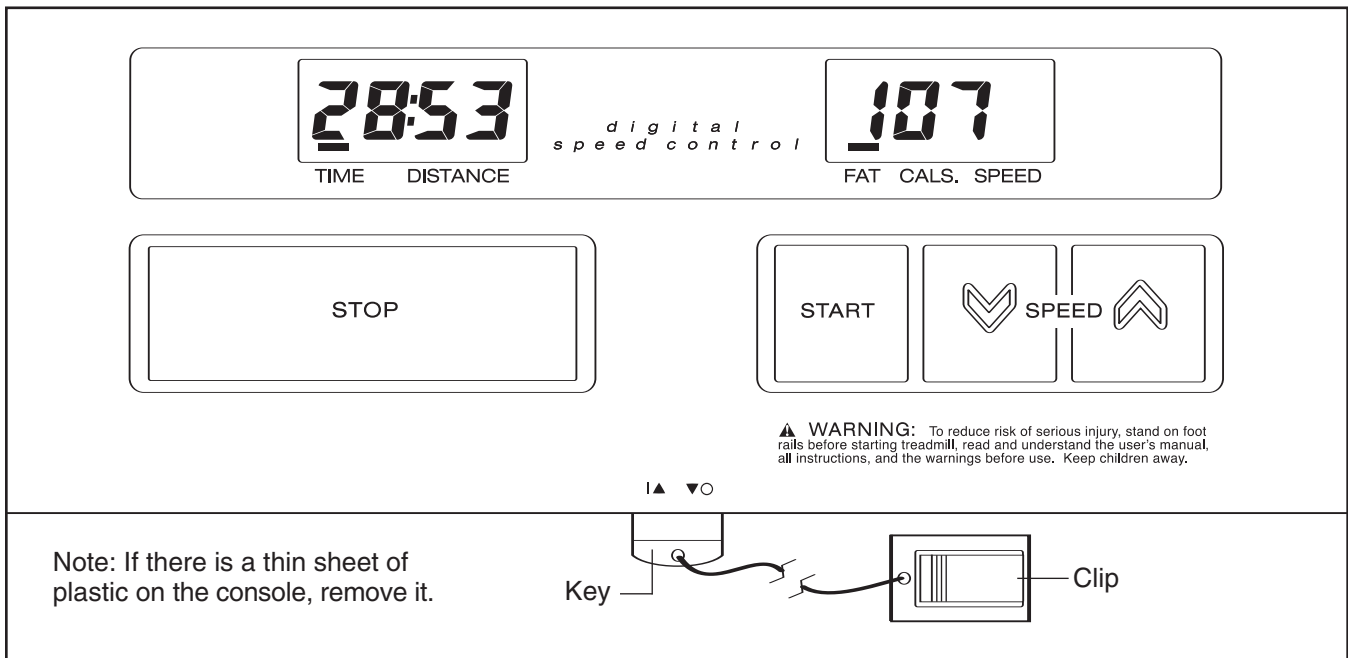


See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM



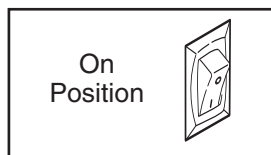
CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in (see page 11).

Locate the on/off switch on the side of the treadmill near the power cord. Move the on/off switch to the “on” position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and

slide the clip onto the waistband of your clothes. Insert the key fully into the console. After a moment, the displays will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

Follow the steps below to operate the console.

1 Insert the key fully into the console.

A few seconds after the key is inserted, the displays will light.

2 Press the Start button or the Speed Δ button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. **Note: The console can display speed and distance in either miles or kilometers (see FAT CALORIES/CALORIES/SPEED DISPLAY on page 13). For simplicity, all instructions in this section refer to miles.**

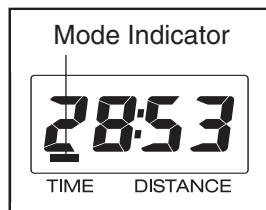
To stop the walking belt, press the Stop button. The elapsed time will begin to flash in the Time/Distance display.

Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align it if necessary (see page 17).

3 Follow your progress with the displays.

Time/Distance

display—This display shows the elapsed time and the distance that you have walked or run. The display will change from one number to the other every few seconds, as shown by the mode indicators.



Fat Calories/Calories/Speed

display—This display shows the speed of the walking belt and the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 18). The display will change from one number to the other every few seconds, as shown by the mode indicators.



Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a moment. An "E" for English miles or an "M" for metric kilometers will appear in the Fat Calories/Calories/Speed display. Press the Speed Δ button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.



To reset the displays, press the Stop button, remove the key, and then reinsert the key.

4 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and remove the key from the console. Keep the key in

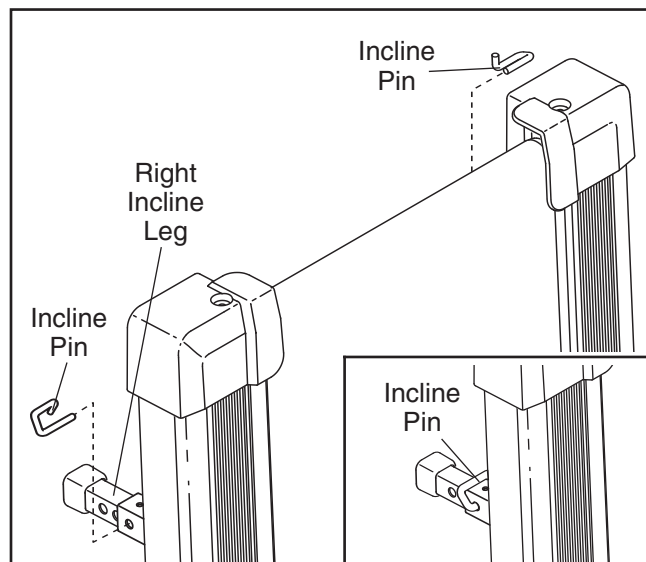
a secure place. Move the on/off switch near the power cord to the "off" position and unplug the power cord.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are four incline levels. **Before changing the incline, remove the key and unplug the power cord.**

Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 14).

To change the incline, remove the incline pin from the right incline leg as shown below. Adjust the incline leg to the desired height and fully reinsert the incline pin. Make sure that the incline pin is in the "locked" position shown in the inset drawing. Adjust the left incline leg in the same way. **Make sure that both incline pins are inserted from the direction shown.**



CAUTION: Before using the treadmill, make sure that both incline pins are fully inserted at the same height. Do not use the treadmill with the incline pins removed.

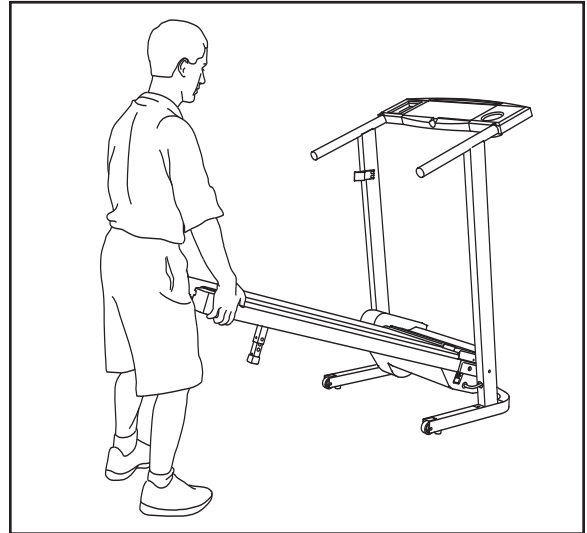
After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 15).

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

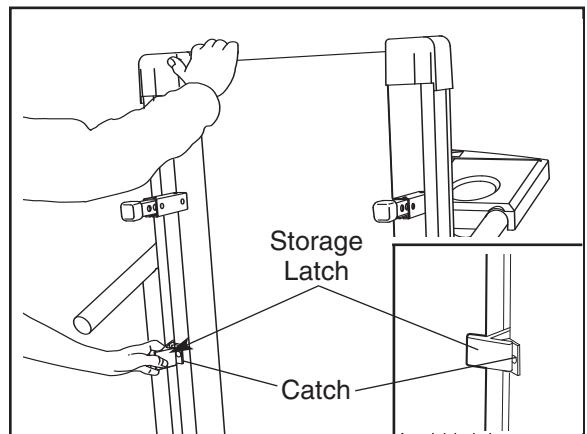
Unplug the power cord. **CAUTION:** You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

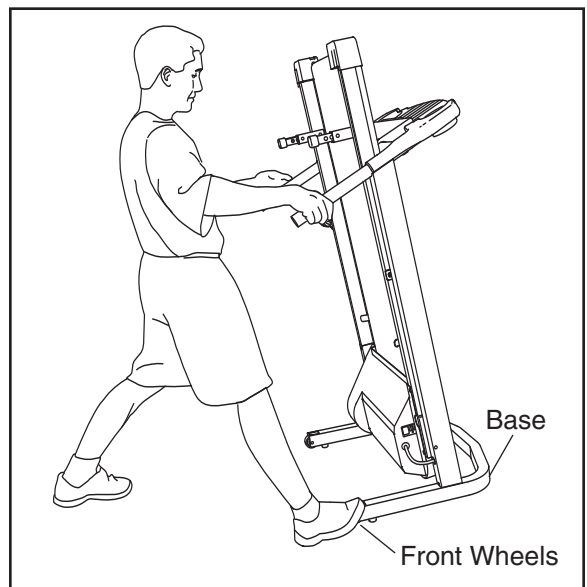
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

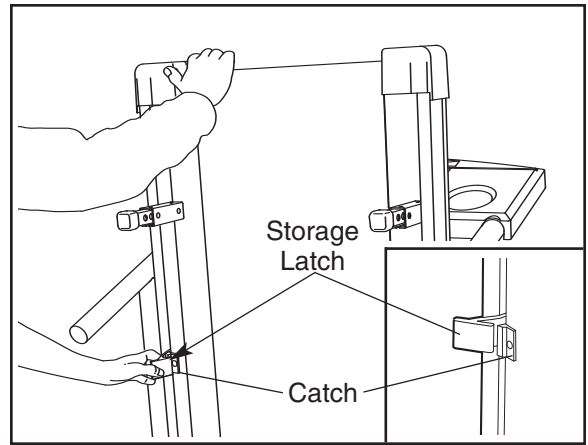
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the hole in the handrail and locked into place as described above.**

1. Hold the handrails and place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

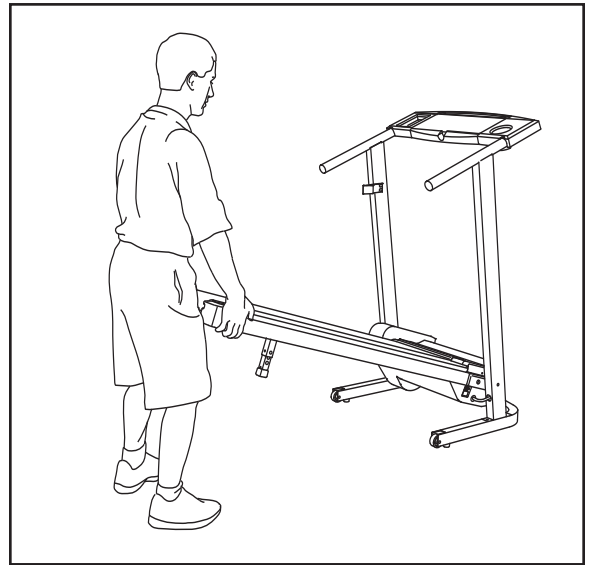


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame and foot rail are past the storage latch.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



MAINTENANCE AND TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

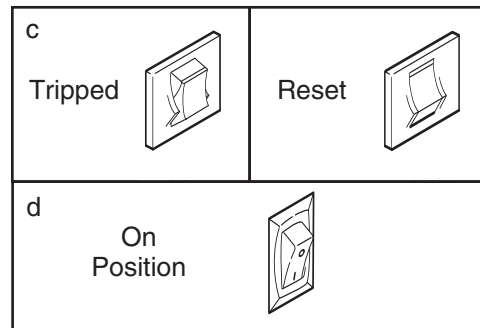
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 11). If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.). **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the frame near the power cord. The switch must be in the “on” position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key fully into the console.

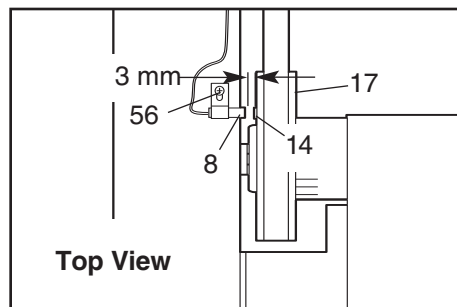
d. Make sure that the on/off switch is in the on position (see d. above).

e. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood, and carefully remove the hood.

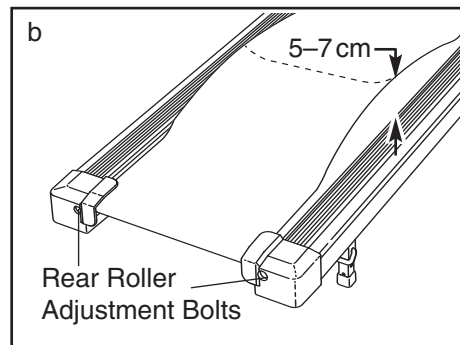
Locate the Reed Switch (8) and the Magnet (14) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (56), move the Reed Switch slightly, and then retighten the Screw. Reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

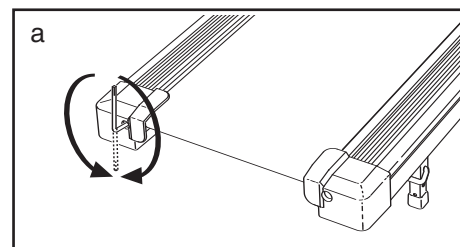
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



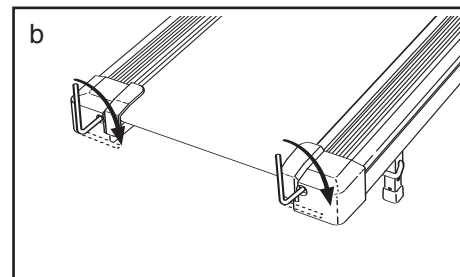
c. If the walking belt still slows when walked on, please call our Customer Service Department.

PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. If the walking belt is off-centre, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

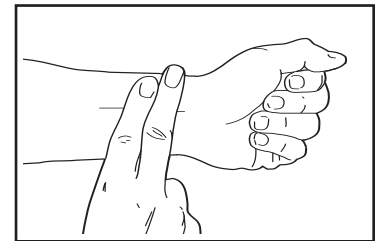
Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise

is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown.



Take a six-second heartbeat count, and multiply the result by ten to find your heart rate.

(A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A Warm-up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up (see SUGGESTED STRETCHES on page 19).

Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest be-

tween workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

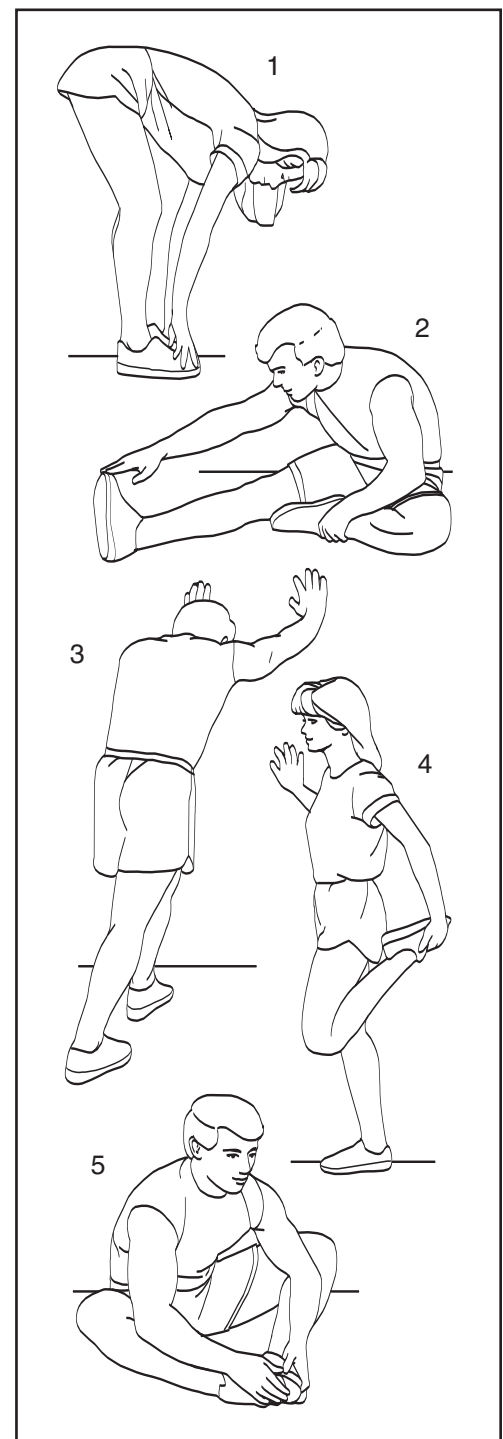
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST—Model No. WETL0514.0

R0305A

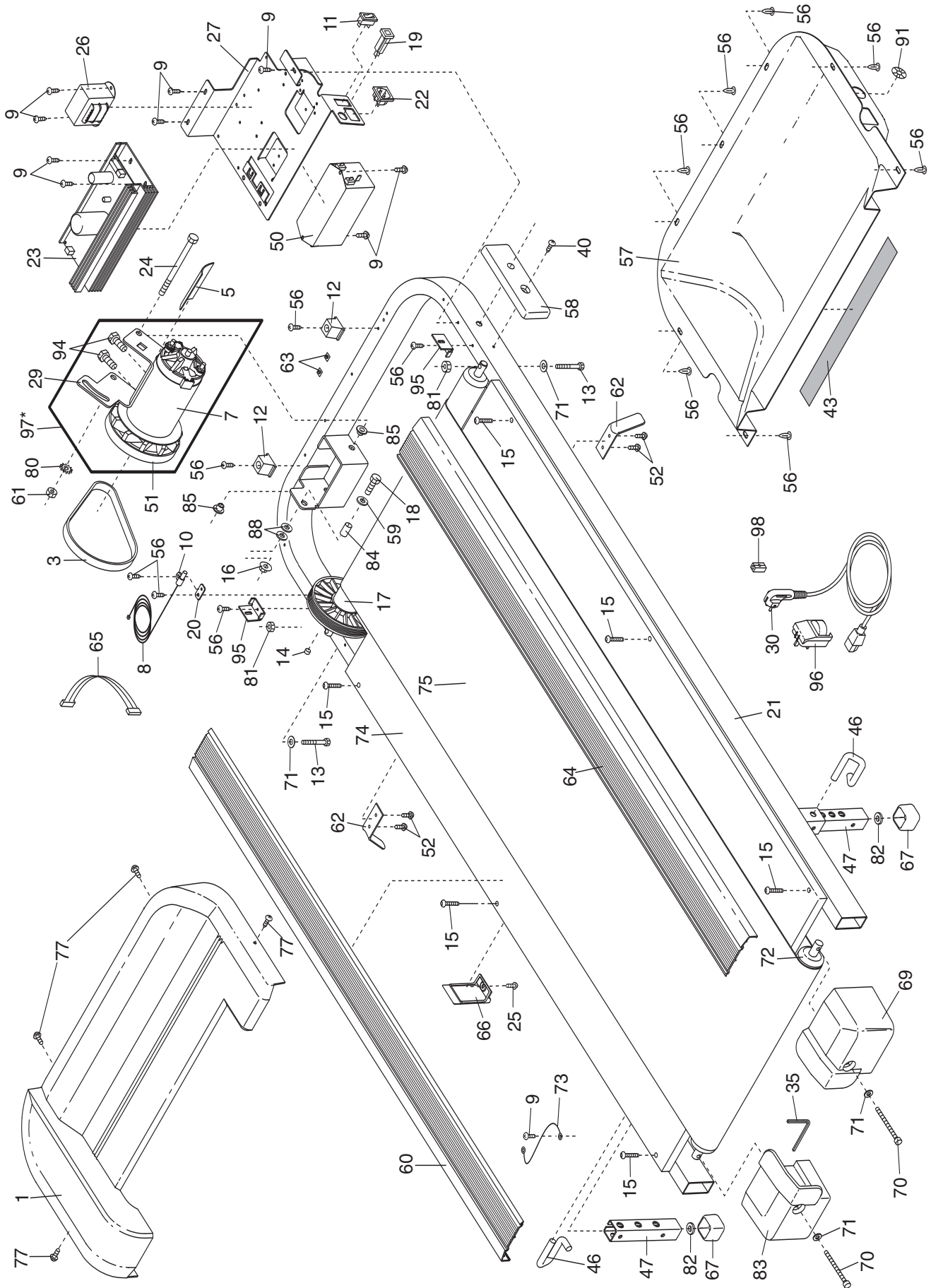
Key No.	Qty.	Description			
			55	1	Base
			56	20	3/4" Tek Screw
1	1	Hood	57	1	Belly Pan
2	1	Console	58	2	Upright Spacer
3	1	Motor Belt	59	1	Motor Tension Washer
4	2	Handrail	60	1	Left Foot Rail
5	1	Motor Isolator Plate	61	4	Wheel Nut/Motor Nut
6	4	1" Tek Screw	62	2	Belt Guide
7	1	Motor	63	2	Wire Clip
8	1	Reed Switch	64	1	Right Foot Rail
9	9	Electronics Screw	65	1	Motor Controller Wire
10	1	Reed Switch Clip	66	1	Latch Catch
11	1	Power Switch	67	2	Incline Leg Endcap
12	2	Hood Anchor	68	4	5/16" Star Washer
13	2	Front Roller Bolt	69	1	Right Endcap
14	1	Magnet	70	2	Rear Roller Adj. Bolt
15	6	Platform Screw	71	11	Small Washers
16	1	Motor Tension Nut	72	1	Rear Roller
17	1	Front Roller/Pulley	73	1	Ground Wire
18	1	Motor Tension Bolt	74	1	Walking Platform
19	1	Circuit Breaker	75	1	Walking Belt
20	1	Reed Switch Bracket	76	1	Releaseable Tie
21	1	Frame	77	12	3/4" Screw
22	1	Receptical	78	2	Cable Tie Clamp
23	1	Controllor	79	4	8" Cable Tie
24	1	Motor Pivot Bolt	80	1	Motor Star Washer
25	2	Latch Catch Screw	81	2	Front Roller Nut
26	1	Choke	82	2	Incline Washer
27	1	Electronics Bracket	83	1	Left Endcap
28	6	Upright Bolt	84	1	Motor Pivot Sleeve
29	1	Motor Bracket	85	2	Motor Pivot Bushing
30	1	Power Cord	86	1	Small Bolt
31	4	Base Pad	87	2	Handrail Endcap
32	1	Left Upright	88	2	Motor Washer
33	2	Wheel Bolt	89	1	Silver Ground Screw
34	2	Wheel	90	6	3/8" Star Washer
35	1	Allen Wrench	91	1	Belly Pan Grommet
36	2	Frame Bolt	92	1	Small Star Washer
37	1	Right Upright	93	1	Small Nut
38	1	Storage Latch	94	2	Motor Bolt
39	1	Console Bracket	95	2	Hood Bracket
40	2	Spacer Screw	96	1	Outlet Adapter
41	4	Cage Nut	97*	1	Motor Assembly
42	1	Key/Clip	98	1	Ferrite Clamp
43	1	Latch Decal	#	1	Hole Plug
44	4	Handrail Bolt	#	1	6" Blue Wire, 2 Female
45	1	Console Base	#	1	4" Blue Wire, 2 Female
46	2	Incline Pin	#	2	8" White Wire Harness, 2 Female
47	2	Incline Leg	#	1	6" White Wire, 2 Female
48	1	Console Cover	#	1	8" Green/Yellow Wire, F/Ring
49	1	Upright Nut	#	1	6" Green Wire, F/Ring
50	1	Filter	#	1	4" Black Wire, 2 Female
51	1	Flywheel	#	1	User's Manual
52	4	Belt Guide Screw			
53	1	Wire Harness			
54	1	Grommet			

* Includes all parts shown in the box

Note: "#" indicates a non-illustrated part.

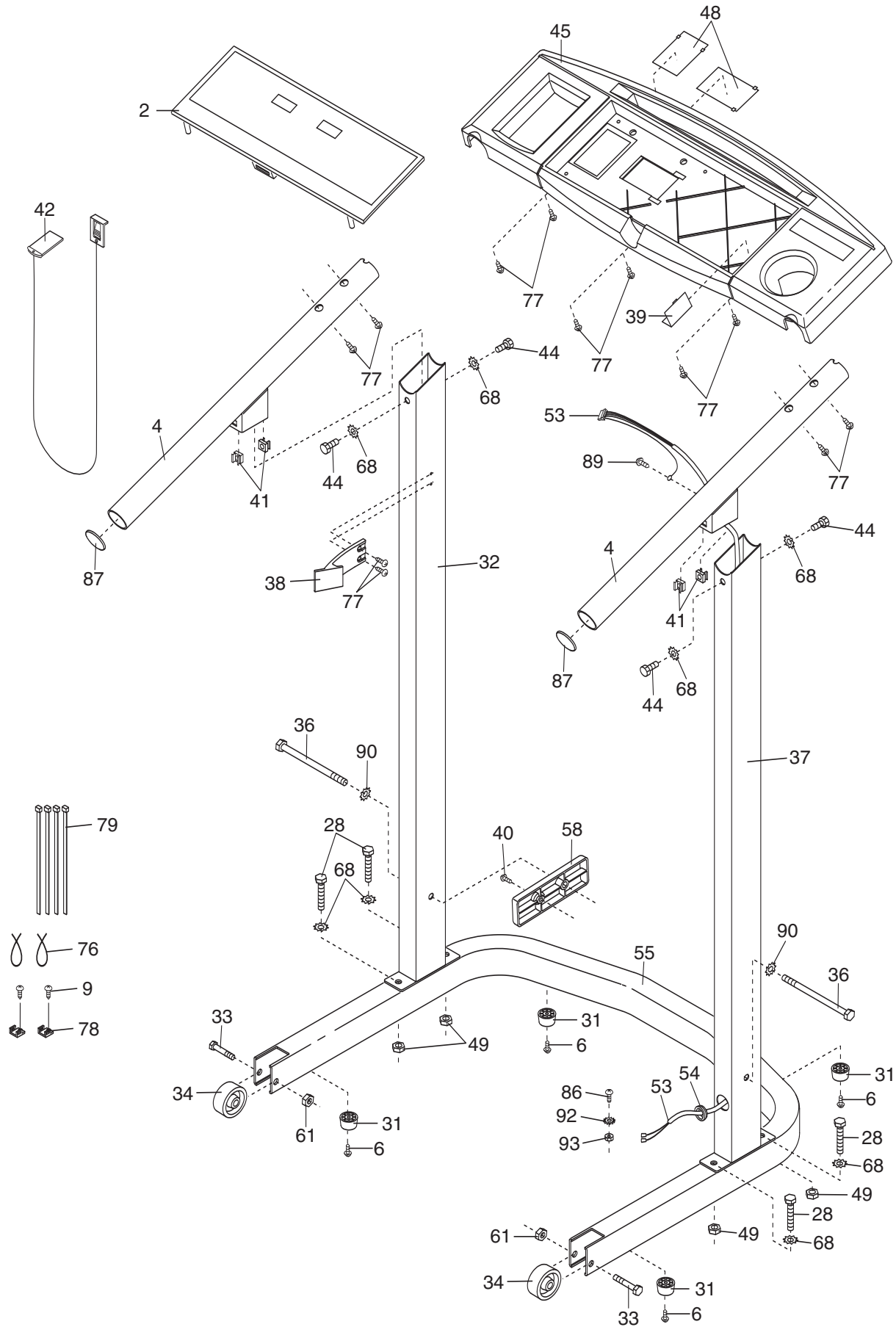
EXPLODED DRAWING—Model No. WETL0514.0

R0305A



EXPLODED DRAWING—Model No. WETL0514.0

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ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Beeston
Leeds, LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WETL0514.0)
- the NAME of the product (WESLO CADENCE 45 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 21 to 23)